NAME

MONTH																																			
Date (fill in)																																			
Temperature:																																			
37.4																																			
37.3																																			
37.2																																			
37.1																																			
37																																			
36.9																																			
36.8																																			
36.7																																			
36.6																																			
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36.3																																			
36.2																																			
36.1																																			
36																																			
35.9																																			
35.8																																			
Period Day	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17**	**18**	**19**	**20**	**21**	**22**	**23**	**24**	**25**	**26**	**27**	**28**	**29**	**30**	**31**	**32**	**33**	**34**	**35**
Intercourse (x)																																			
Bleed																																			
Spotting (SP)																																			
Mucous																																			
Breast changes																																			
Abdomen																																			
Other																																			

KEY

Bleed / Flow	+ = light; ++ = moderate; +++ = heavy
Cervical Mucous (can have possible combination)	G = thick/pasty; L = sticky / wet; S = stretchy like egg white; P = Lubricating
Breast changes	NT = Nipple tenderness; BT = Breast tenderness; BD = Breast distention; BL = breast lumps (glandular)
Abdomen	BL = Bloating; P = Pain; OP = Ovulation Pain (indicate left or right); C = constipation; D = diarrhoea/loose stools
Other	HA = headache; LBP = lower back pain; SP = sleeping issues; also use this column to document non-period related events that may affect BBT including travel, drinking a lot of alcohol, stress